

Hold those transit cuts; budget better

Pierce Transit cancels reductions of bus service after tax flow improves

Cuts in public bus service by Pierce Transit have been headed off by improved financial conditions for the agency.

The transit Board of Commissioners voted July 31 in favor of delaying cuts that were scheduled to begin in two months. The action, taken in response to what transit officials said was higher-than-expected sales tax growth over the first five months of 2013, canceled the 28 percent service reduction plan that would have taken effect Sept. 29.

Transit officials said they will evaluate sales tax proceeds as part of a revised service plan that will be submitted later to the commissioners for possible adoption.

Revenue from the countywide sales tax is about 75 percent of Pierce Transit's operating budget annually.

Tax receipts are showing unexpected but steady growth this year over the same period in 2012. The data lags two months behind distribution and wasn't available to the commissioners when they voted in June to approve service cuts, officials explained.

Lynne Griffith, chief executive officer of Pierce Transit, said canceling the cuts that were coming in September will allow "time to see how the sales tax will perform for the balance of 2013." The agency will base its 2014 budget and set service levels based on the tax revenue, she noted.

See HOLD page 6



BEAT FEET TO BEAT A DISEASE

On Sept. 14, hundreds of people are expected to turn out in Tacoma to participate in the Walk to End Alzheimer's. The annual fund-raiser for Alzheimer's Association boosts the fight against a disease that has become the nation's sixth-leading cause of death. See pages 10 and 11 for more about the Walk, plus Senior Scene's annual directory of Alzheimer's care facilities.

Gray-haired boys of summer



Softball players in their 60s and 70s keep home runs and wins coming and themselves in shape

By Joan Cronk
Contributing writer

Members of the W. E. Ruth Realty softball team have gray hair and many are well into their 60s and 70s, but you would never know that to sit through one of their games.

A batting practice before a recent game at Celebration Park in Federal Way had batter after batter stepping up to the plate and hitting the ball right over the 300-foot fence line. And they made it look easy.

Sixty-five-year old Joe Franco was a Bellevue firefighter for 41 years. Now he is a senior softball player.

Franco has been playing ball for the last 10 years. The W. E. Ruth Realty team is the best 50-and-over team in the league, he said, and it has league championships to prove it.

It's difficult, however, to get these players to talk about themselves. They spend a lot of time complimenting each other with shouts like "Way to go, buddy" and "Good hit."

Seventy-seven year old Jim Douglas started playing 10 years ago, as well. Team members affectionately call him the "crusher," and it appeared that he has earned that nickname.

See BOYS page 6

Rick Littlejohn is called by some the best 60-and-over softball player in Washington.

Joan Cronk/Senior Scene

Members of the W.E. Ruth Realty senior softball team include (right, back row) Charlie Waible, Gary Duvall, Jack Benz, Paul Auster, Mike Vetovich, Larry Olsen and Joe Franco, and (kneeling) Joe Mesa, Bill Ruth, Jerry Bergquist, Art Eversole, Roger Metzger, Bear Headrick and Larry Alexander.

Courtesy photo



BRIEFLY

New edition of Where to Turn resource book released

The 2013-14 edition of Where to Turn – Senior Media Services' "little yellow book" of information and resources for older adults in Pierce County -- is available.

Copies can be picked up at the office of Lutheran Community Services Northwest and Senior Media Services, which produces the guide and publishes Senior Scene. The office is located at 223 N. Yakima Ave. in Tacoma. The guide is also distributed through various government, social and healthcare agencies.

Additional information is available from Senior Media Services at 253-798-4600.

Lakewood library marks 50th anniversary

If you lived in the Lakes district of Pierce County in 1963, you may have visited the Flora B. Tenzler Memorial Lakewood Library. And if you've been in the area the past 50 years, you have very likely visited the Lakewood branch of Pierce County Library System.

The library's long history was celebrated in August during a month-long observance of its 50th anniversary. The main celebration was held Aug. 17, with live music, refreshments and family activities.

"We thank the community for making Lakewood Library a central part of your lives," said Neel Parikh, executive director of Pierce County Library System.

The first library in Lakewood opened Feb. 15, 1947 in a building that now is an appliance store.

That was followed by the opening of the Tenzler Library on Aug. 1, 1963, with 20,000 books, albums, and magazines. In 1991, Friends of Lakes District Library donated the library building and \$350,000 for its renovation to Pierce County Library System. Today, the 32,592 square foot library is the largest in the 18-branch system and has 645,800 books, movies and CDs.

Club volunteer honored by Pi Beta Phi

Gail Dugan has received Pi Beta Phi Fraternity for Women's Evelyn Peters Kyle Angel Award for Club Service in recognition of her mentoring of leaders of the Seattle Alumnae Club for 15 years.

The club has members from throughout King and Pierce counties and supports collegiate chapters at University of Washington and University of Puget Sound.

Dugan's "energy and compassion are evident in the continued growth and success of the Seattle Alumnae Club," said Pi Beta Phi president Mary Tatum. "It's women like Gail, who dedicate countless hours and selflessly serve Pi Beta Phi, that ensure our sisterhood remains strong for generations to come."

Dugan has filled a variety of leadership roles for the alumnae club and has been known to send handwritten invitations for the group's open-house events.

The Evelyn Peters Kyle Angel Award is named for a past Pi Beta Phi Grand Council member who gave more than 75 years of service and leadership to the fraternity.

Enumclaw center has vans for rides to stores, appointments

Van service for people 55 and older is offered four days a week by Enumclaw Senior Activity Center.

On Monday, Tuesday, Wednesday and Thursday beginning at 8:30 a.m., the service is available for trips to activities, medical appointments and lunch at the center. Additional information, including schedules and areas that are served, is available at 360-825-1279.

Van trips are also offered to local grocery stores on Tuesday and Thursday for \$1, and for \$3 to Walmart, Target or Fred Meyer. More information is available at 360-825-4741.

Metro Parks sponsors fitness programs at Norpoint

Health and fitness programs geared for seniors are offered at Center at Norpoint through Metro Parks Tacoma.

The programs include water aerobics (to improve range of motion and reduce joint pain and stiffness), Stay Active and Independent for Life (low-impact exercises for strength, balance and overall health), Senior Power (low-intensity workouts set to music), and yoga (for current practitioners or beginners).

Additional information, including schedules and fees, is available at 253-404-3900 and corinne@tacomaparks.com

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A penny for your thoughts can be worth prized merchandise

Tacoma woman has become a believer in the value of penny-auction sites

By Shawn W. Harvey
Contributing writer

Over the past year, Barbara Sellers, 66, saved thousands of dollars by winning more than 200 auctions on DealDash.com.

"It is the first and longest-running online penny-auction shopping site in America," Sellers said. "It is a fun and entertaining site to use, and the highest percent of its customers are senior citizens, age 55 and older."

Shopping online from the comfort of your own home is very convenient, she said.

"Some seniors with disabilities find it difficult to get to the stores, and some live so far out in the countryside that the nearest stores might be several miles away," Sellers said.

What she likes most about shopping online is that it saves her a lot of time, gas and money.

"I don't like to go out shopping during messy weather," she said. "When I shop online, I can usually find exactly what I need, and everything is delivered right to my front door."

Sellers, who lives in Tacoma, saved as much as 99 percent off the retail price of some of the products she won. So far, her biggest win was a 55-inch TV for less than \$30 (counting the cost of her bids).

"It was such a great bargain to win a TV that retails for \$1,399 for so little money," Sellers said. "I was so excited that I jumped up and down like a happy 10-year-old, yelling, 'I won, I won, I won!'"

At first she could hardly believe it was for real, but when her new TV was delivered, it made her a believer.

"I've been shopping on DealDash.com ever since,"

Sellers said. "As a retiree on a fixed income, I've won brand new products that I would not otherwise be able to afford. I won some awesome gifts for my granddaughter, too."

Because the penny-auction site and Sellers happen to share the same birthday - Feb. 23 - she feels the successful connection she has with the site was just meant to be.

"Now I know that every year, DealDash.com will feature a special anniversary event on my birthday, and how cool is that?" Sellers asked. "Winning the TV on my 65th birthday was the best gift I ever received, but soon after that, I received an even bigger surprise."

As one of the most successful customers on the shopping site, the DealDash support team invited Sellers to take part in their first TV commercial. In June, 2012, she received an all-expense-paid trip to do a commercial in New York City, where the company is based, and in December 2012, the company's CEO invited her to fly to Los Angeles to be one of three customers in a commercial filmed in a Hollywood studio.

"I was excited and afraid at the same time, because I've always been so scared of flying," Sellers said. "But I made myself go, anyway. When any door of opportunity opens, we must walk through it to find out what might be on the other side. None of us can have a full life without taking some risks."

The TV commercial started running a few months ago.

Although she had some success on the first online penny-auction site she tried, it wasn't nearly as good, and it charged far too much for postage and handling, she said.



Barbara Sellers won a women's bicycle for \$18.55 in bids on a penny auction site.

"I conducted an in-depth study of eight sites," Sellers said. "DealDash.com is by far the best one because shipping and handling is always free, they have the biggest and best variety of products for auction, and the Buy-It-Now (BIN) option is good for a full seven days."

A few other sites have a BIN option that is good for only one or two hours, and that is not enough time, she said.

"The BIN option takes the gamble out of the shopping experience," Sellers said. "If you don't win the auction, you can buy the product at retail and get all your bids back free."

How penny auction sites work

The sites put items up for bidding. Every auction starts at zero, and each bid raises the price by one cent. Bids at dealdash.com cost 60 cents apiece; other sites charge as much as \$1. Bid packages must be purchased before a participant can start bidding. Every bid placed restarts the countdown clock. If no new bids are placed before the clock runs out, the highest bidder wins the auction. The winner can buy the item for its final price, sometimes 60 to 99 percent off retail. On DealDash, if you don't win, you can get all your bids back. Not all sites do that.

The sites make their money through selling bids and the purchase price for merchandise paid by winning bidders.

All items on DealDash are brand new and come with standard manufacturer warranties, according to DealDash.

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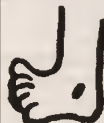
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Advice on meeting new challenges of grandparenting

HopeSparks and Pierce County Aging and Disability Resources are sponsoring "Grandparenting Today," a free workshop scheduled for Sept. 16 that will focus on effective grandparenting.

The workshop will be held in two locations in Tacoma: The Pierce County Annex main meeting room at 2401 S. 35th St., from 12:10 to 12:50 p.m., and Tacoma Lutheran Retirement Community at 1301 N. Highlands Parkway, from 7 to 8 p.m.

The presenter will be Rosalyn Alber, coordinator of the Relatives Raising Children program at HopeSparks, a family services, not-for-profit organization that's based in Tacoma.

The event is open to the public. More information is available from Pierce County Aging and Disability Resource Center at (253) 798-4600.

"Children need all kinds of support in their early lives," said Aaron Van Valkenburg, manager of Aging and Disability Resources. "Grandparents can play a crucial role. But the activities that captivate children these days make grandparenting a unique challenge."

Workshop participants will learn about community resources that can help them with varying levels of involvement in grandchildren's lives, from full-time to weekends together or an occasional e-mail exchange.

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'I did what I was supposed to do. That's my job'

Nurse at retirement community saves resident's life

When Zoraida Otero was called for assistance May 28 in the room of People's Retirement Community resident Joan Holman, she didn't know what to expect. But when she entered the room and saw Joan lying on the floor unconscious and not breathing, she knew exactly what she had to do.

"My nursing skills kicked into high gear and I immediately knew what needed to be done," said Otero, an LPN-RCM. She started the steps for CPR. That quick reaction saved Joan's life.

Otero was sweating and breathing hard while she was fully engaged performing CPR. She remembers telling Joan "Stay with me" over and over.

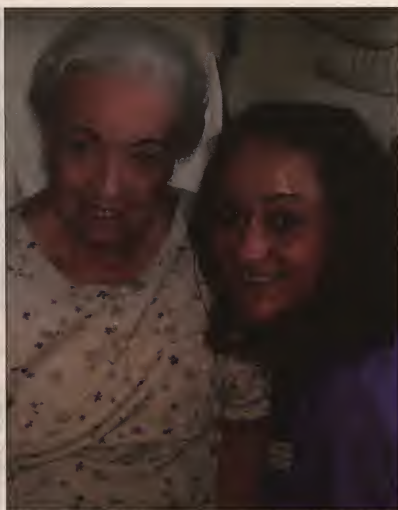
Otero thought she had lost Joan because it felt like a long time had passed. But Joan finally woke up and

took a breath. Then the paramedics arrived and took over, and Otero was able to step back. Then the emotions hit. First, how thankful she was that Joan was back, paramedics were there and everything was going smoothly. Second, how grateful she was for her staff's quick thinking and organization. And last, how proud she was of herself.

"I'm a good nurse, and I did what I was supposed to. That's my job," said Otero, a member of the People's Retirement staff for two years.

Joan and her family are also thankful for Otero and the staff of Peoples Retirement Community. So thankful that Joan and her family catered lunch for the entire staff.

Joan says, "That day was a celebration of life. Without the staff's quick thinking and reactions, I would not be here."



Joan Holman, who lives at Peoples Retirement Community, credits staff member Zoraida Otero (right) for saving her life after she lost consciousness and stopped breathing in her room.



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Pierce Transit riders will get at least a temporary reprieve from cuts in service.
Senior Scene file photo

HOLD

From page 1

Pierce Transit had planned to cut service hours from 417,000 to 300,000 hours.

The agency will likely maintain service at about 392,000 hours through 2014, according to officials. Griffith said the service plan will be "based on a more complete financial picture."

The proposed cuts worried seniors, students and low-income persons in general who are dependent on Pierce Transit for rides to jobs, doctor appointments, schools and stores. Among riders who were likely to suffer some of the most were the 55-and-over clients of Tacoma Area Coalition of Individuals with Disabilities (TACID) who are vision-impaired. According to TACID, they rely heavily on Pierce Transit shuttles, which will be eliminated wherever bus routes are being dropped. People may have been left without transportation to and from daytime appointments, officials said.

The impact could have been worse. In January, the commissioners approved even deeper cuts of 34 percent in response to voters' rejection last November of a tax increase that transit officials said was needed to retain full service. A month

later, the commissioners changed course by voting Feb. 11 to provide limited bus service on Saturdays and Sundays, which left the overall cuts in service at 28 percent.

The cutbacks could have begun in February, but the commissioners decided to give transit users more time to try to replace transportation that was scheduled to end.

In the 2012 general election, Proposition 1—Pierce Transit's request for an increase of three-tenths of 1 percent of the sales tax in Pierce County—was narrowly defeated.

Had it passed, the additional tax revenue would have boosted funding for transit and maintained current levels of service, according to transit officials.

Only voters living within the transit benefit area could cast ballots on the tax proposal. The benefit area includes Tacoma, Puyallup, Gig Harbor, Lakewood, Sumner and Spanaway.

The same proposed tax increase was also rejected by voters in 2011. Since then, Pierce Transit has cut some spending, raised fares and reduced its number of management employees. Also, bus drivers and other employees agreed to no pay raises in a three-year contract. But ridership rose to record levels, according to transit officials.

BOYS

From page 1

Douglas, who plays third base, said, "Some of us played together in our 20s and 30s, and we still play together."

Franco said that Rick Littlejohn is the best 60-and-over player in the state.

"He runs, throws and hits like a 30-year-old guy," Franco said.

During the warmup period, Littlejohn cracked two balls over the fence.

"He played semi-pro," said Franco.

"Oh, we have a lot of good players," Littlejohn said. "I play over 100 games a year, and it keeps me busy."

This is John Harris' 17th year with W. E. Ruth.

"It goes beyond being good," he said about the team. "Our image off the field is as important as on the field. We try to live a good life and be good sportsmen and good citizens."

Art Eversole said W. E. Ruth Really has won the league title for six consecutive years.

Bill Ruth, owner and operator of the real estate firm, "is our sponsor, and he builds the finest teams. We all straighten up when he shows up," Eversole said.

Sixty-eight-year-old Eversole

said he has played senior ball since 2002.

"I play the outfield. I played some fastpitch as a young man, and this was an opportunity to play in the retirement years. I enjoy the camaraderie and travel and the recognition of winning tournaments," Eversole said, adding that W. E. Ruth was one of the finest teams in the nation.

All the players acknowledge that playing softball keeps them engaged and in good physical shape.

Imogene Lawson came to the field at Celebration Park to watch her son, Randy "Nate" Lawson, pitch. She lives in Tacoma and said her son has played softball "forever."

"I've seen a lot of games," Lawson said, adding that her son was in the Washington State Hall of Fame.

"Older fellas can still play ball," she said.

These boys of summer show up at every game and come to play. Their win record is impressive, but Littlejohn said they recently lost for the first time in two or three years.

That didn't seem to bother Littlejohn as he swung the bat and waited for his turn at the plate.

"It's just time to start a new streak," he said.

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Computer classes at Federal Way Senior Center

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Subjects for classes include Excel, Facebook, PowerPoint, e-mail, Windows, Word and navigating the Internet.

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Summer excursions to remember

SENIOR ADVENTURES

By Linda Finch

It's hard to think that summer may be coming to a close, but we still have memories of those fun trips to play in the sun.

The end of July, we did a trip to Ross Dam and Lake Diablo for a boat ride on the lake. The day started out a bit rainy, but by the time we reached the North Cascades, the rain had stopped and we were ready to go. The Cascade Institute provided a lunch, and then we were off on the boat around the lake. We even had the rare pleasure of being able to stop at the dam itself for a tour inside. In today's society, these things are generally not open to the public, so we felt very special.

August gave us a theater trip

to Leavenworth. It is always great to see "Sound of Music" up on the ski hill. Things were a little different this year with a revamping of the stage, but the music was as wonderful as always. And then there was "Footloose" in the indoor theater and "Joseph" at the fish hatchery theater. The weather was beautiful for outdoor theater, and we weren't bothered by the fires in the Wenatchee area.

Now we are beginning to think about what to do over those colder winter months. How do we get away and find a bit of sun? Here are a few suggestions:

- November: Hawaii cruise round-trip from San Francisco, 15 days, from \$1,897 per person plus airfare.
- December: Cuba, nine days, from \$3,999 per person, including airfare from Seattle.
- March: Eastern Caribbean with Royal Caribbean to Jamaica,

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A vacant lot's now where it stood

Beside the stream so murky still.
With old tin roof and rotting wood,

Once we played by the old grist mill.

When we were kids, we would ride the slowly moving paddle wheel.

When the miller came, we'd run and hide

and watch him grind his golden meal

The mill since then has fallen down
but memories seem very real.

If you go to that hallowed ground
you'll almost hear it squeak and squeal.

Rin Steketee
Fircrest



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— Kathryn E., Olympia, WA
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Large portions melt in your mouth at Hunan Garden

SENIOR EATS

By CAROLYN AUGUSTINE

If you want large portions of tasty Chinese food, and prices that are reasonable, head to Hunan Garden on Steilacoom Boulevard in Lakewood.

There is plenty of parking, plenty of seating, and the service is attentive. The menu is very complete, with every item being made by hand on-site, which is great since big suppliers cook for many restaurants and we have found food is not always cooked in the place it is eaten.

Our server, Kyong, assured us that our food was being made as we ordered it, and that everything was fresh.

The menu includes appetizers, entrees and dinners for one to four people. Dinners for up to 10 can be ordered. There is also a full bar and a lunch menu which includes a daily special.

For dinner we ordered the almond chicken and the beef with vegetables, each at \$9.25, the pot stickers at \$6.25, and egg rolls at \$4.50. Both meals came with steamed white rice, and a pot of tea came to the table with the menus.

We got large heaping plates of delicious food. The six pot stickers were filled with pork and vegetables, and the three egg rolls were all very good, being deep-fried to a crisp crunch. Sweet and sour sauce, a ginger soy sauce, sesame seeds and hot mustard came with the appetizers, and the ginger sauce was especially tasty. None of what we ordered was spicy, but we saw other diners eating dishes with lots of red hot peppers in them.

The almond chicken was tender and heaped with sliced almonds. Celery and bamboo shoots added crunch and color.



The meals are plentiful and reasonably priced at Hunan Garden. The menu includes appetizers, entrees and dinners for one to four people.

Courtesy photo

The beef practically melted in your mouth, and vegetables included baby corn, bamboo shoots, broccoli, carrots, celery, pea pods, two kinds of mushrooms, and zucchini. It was very flavorful and filling, and unfortunately we had no room for dessert.

There is plenty of room for a wheelchair or walker, but the bathrooms have very low toilets, which could be a problem for a disabled person.

A very good dining experience overall.

IF YOU GO

Hunan Garden Chinese Restaurant
8623 Steilacoom Blvd. SW, Lakewood
253-589-2100
Hours: 11 a.m. to 9:30 p.m.

Laughter may not cure what ails you, but at least it can lift spirits

ASK DR. MARION

By MARION SOMERS

My 76-year-old father used to laugh all the time, but ever since he started having problems with his health, he stopped smiling and laughing. How can I get him laughing again? *Craig, 52*

Dr. Marion: I use a concept called humor therapy quite often, since it has proven to be a very effective device for most of my elderly clients. Good things happen when someone enjoys a belly laugh. It's like an internal massage for the soul. Humor can take your father away from his aches and pains and concerns, even if it's just for a moment. That should be the goal of any caregiver.

Each person is different, so you have to read the situation. There is no one way to get someone to laugh again, but it usually works if you draw on his or her past likes. For example, one of my clients was a big Lucile Ball fan, so I bought her a compilation DVD of old "I Love Lucy" shows. We made a date to watch them, and then sat there laughing together for hours, even though we'd both seen the episodes more than a few times before. Another one of my clients used to love telling jokes, so I bought him a joke book. We spent a good part of one day reading the book. From then on, he would have a joke or two to tell me every time I visited, and the jokes always lifted his spirits. We also watched standup comedy shows on cable television. So try using humor therapy. I'm sure your father will be smiling again in no time. It'll also provide you some more lighthearted moments, and I know you probably need that, as well, right now.

Marion Somers, PhD, has over 40 years of experience in elder care. She can be reached at www.drmarion.com

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Things to know about Affordable Care Act

AARP says basic facts are important as Obamacare draws near

By Mike Tucker

With all the noise swirling around the Affordable Care Act, also known as Obamacare, it is only natural to have questions.

Whatever your views are about the law, it is important to understand some basic facts, so you can make the right health care decisions for you and your family.

Here are some things everyone should know about the Affordable Care Act:

- If you already have insurance, you and your loved ones have gained important protections. Starting next year, you no longer will be denied coverage if you have a pre-existing condition, nor will you be dropped from your plan if you get sick.

- If you have Medicare Part D, you will save on prescription drugs if you fall into the doughnut hole. You also will qualify for important preventive services at no cost to you.

- If you do not have health insurance or buy it on your own, there's a new way to shop for it through a health insurance marketplace. The health law creates the new Washington HealthplanFinder (wahealthplanfinder.org) to help you get the coverage you need, with benefits starting next year. Depending on your income, you may also be able to get financial help covering the costs.

Open enrollment in the Washington HealthplanFinder begins this October, and coverage will start as early as January. The health law mandates that all health plans offered to those who buy insurance on their own or in small groups must include a set of "essential health benefits," such as preventive and wellness benefits, prescription drug coverage, and emergency care.

In addition to the marketplace, there are even more benefits and protections to help you and your family. Young adults now have easier access to coverage, because they can stay on their parents' insurance plans until age 26. That's

a significant benefit at a time when so many young people are unemployed.

Seniors gain, as well. In our own state more than 829,000 people who rely on Medicare for their health coverage can be assured that their benefits are protected. In fact, certain benefits have improved.

If you have Medicare Part D, and you reach the coverage gap or "doughnut hole," you will get more than a 50 percent discount on brand-name prescription drugs, and more than a 20 percent discount on generic drugs. These discounts will continue until 2020, when the doughnut hole disappears altogether.

Medicare now covers yearly wellness visits and preventive care. This benefit – at no cost to you – includes screenings for cancer, cholesterol and diabetes, immunizations, diet counseling and more.

Other parts of the law could have a big impact on people too young for Medicare, including the 40,000 Washingtonians who are 50-64.

Insurers can no longer place dollar limits on the care they cover

in a year – or over your lifetime. Further, health insurers must now cover vital preventive services, including screenings for diabetes and cholesterol, mammograms, flu shots and other immunizations, as well as counseling to quit smoking and eat right.

Also, the law helps all taxpayers by increasing efforts to fight fraud, scams and waste in Medicare. And it supports small business by reducing red tape and offering a tax credit.

Given all these provisions, it's no surprise that people have questions about the Affordable Care Act. Fortunately, the answers are just a few clicks away. For practical, customized information on how the law affects you and your loved ones, just go to HealthLawAnswers.org.

In the three years since it passed Congress, a great deal has been said about the health law, much of it inaccurate. Now it's time to understand what it really means.

Mike Tucker is an AARP Executive Council member.

Do dermatologists unknowingly misdiagnose rare form of cancer?

StatePoint

Medical misdiagnoses may be a lot more common than many patients realize. According to a household survey commissioned by the National Patient Safety Foundation, of people who reported experiencing a medical error, 40 percent said the error was a misdiagnosis.


Dermatologists may unknowingly be contributing to that statistic, as some skin ailments may exhibit symptoms similar to a

rare form of lymphoma called cutaneous T-cell lymphoma, or CTCL.

CTCL is estimated to affect 16,000 to 20,000 people across the U.S., and approximately 2,500 to 3,000 new patients are diagnosed every year. It can cause visible skin symptoms as mild as a small rash or as severe as tumors, extensive redness, peeling, burning, soreness and itchiness all over the body.

The illness can be hard to detect and

diagnose, as it shares the same symptoms as other more common skin diseases. The scaly, itchy, red patches of CTCL are often mistaken by doctors as eczema or psoriasis. Many patients are misdiagnosed and treated unsuccessfully for other disorders before receiving a correct diagnosis. In fact, it takes an average of seven years for patients to receive a correct diagnosis, according to Dr. Francine Ross of Yale University.



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• People feel you speak too loudly.....	
• Prefer TV or radio louder than others.....	
• Difficulty hearing within groups of people.....	
• Avoid group situations where listening may be difficult.....	
• Difficulty hearing at movies, worship, concerts, etc.....	
• Have ringing in your ears/have noises in your head.....	

If you answered "Yes" to two or more of these questions, you may have a hearing loss and should have your hearing tested.

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Name of Provider Address Telephone	Licensed Capacity	Medicaid Accepted	Price Ranges	Smoking Allowed?	Secure Doors?	Fenced Outside Area	Features and Amenities
Cascade Park Gardens 4347 S. Union Tacoma, WA 98409 (253) 475-3702 www.cascadecares.com	80	Y	\$3,195 -3,995	O (super- vised)	Y/ alarmed doors, keypads exits	Y	<ul style="list-style-type: none"> • Variety of affordable floor plans • Tailored activity programs • Walking path and secure deck • Locally owned • Nutrition plan designed for residents
Cascade Park Active Day Memory Care 232 St. Helens Ave Tacoma, WA 98402 (253) 572-0383 www.cascadecares.com	40	Y	\$11-15/ hr	Y	Y/ alarmed doors	N	<ul style="list-style-type: none"> • Enhanced mobility program • OT/PT Services available • DSHS, SCSA, respite funds accepted • VA accepted • RN/LPN on staff
Franke Tobey Jones Retirement Estates 5340 N. Bristol Tacoma, WA 98407 (253) 752-6621 www.franketobeyjones.com	15	N	\$4,655 and up	N	Y	Y	<ul style="list-style-type: none"> • Non-profit community since 1924 • Licensed nurse on staff 24 hours daily • Excellent staffing ratios/low staff turn-over • Day program space available w/activities • Medication administered by nurses • Beautiful community with water views
Hearthside Manor 3615 Drexler Ave. W University Place, WA 98466 (253) 460-3330 Marcus Shields	34	N 18 month spend down	\$4,095- 6,215	N	Y	Y	<ul style="list-style-type: none"> • All private rooms w/ large secure back-yard • "Gentle Care" trained staff • Small, home-like atmosphere • Secure Memory Care Community • Activities/Outings for dementia residents
Memory Haven Sumner 5107 Parker Road Sumner, WA 98399 John B. Merz JohnM@memoryhavensumner.com	24	N	\$3,500 and up	N	Y	Y	Memory Haven Sumner is purpose-built for persons with dementia. Our campus includes two distinct, memory care cottages, serving 13 or fewer persons in each home. It elevates us from merely being homelike, to an actual home.
Olympic Alzheimer's Residence 3025 14th Ave. N.W. Gig Harbor, WA 98335 (253) 851-5306 Kathy Wells	60	Y	\$4,250 plus care charges	O	Y	Y	<ul style="list-style-type: none"> • Three "home-like neighborhoods" • Specially dementia trained and caring staff • Secure outside areas • Beautiful chapel and beauty shop • Expression Memory Care Program

LEGEND: Y=YES, N=NO, D=DESIGNATED AREA, O=OUTSIDE, S=SECURITY MEASURES

Walk to End Alzheimer's takes big steps toward care and research

"There has never been a greater need"

South Sound residents can unite in an effort to help millions by participating in the Alzheimer's Association's Walk to End Alzheimer's Sept. 14 in Tacoma.

Hundreds of participants are expected for the fund-raising walk at Thea's Park.

The event is more than a walk. Organizers describe it as a way to learn about Alzheimer's disease and how to get involved with advocacy opportunities, the latest in Alzheimer's research and clinical trial enrollment to support programs and services. Each walker will also join in a ceremony to honor those affected by Alzheimer's disease.

In 2012, the Tacoma walk raised \$90,491. That contributed to more than \$51.8 million generated

nationwide for care, support and research efforts for those impacted by Alzheimer's.

The disease is a growing epidemic and has become the nation's sixth-leading cause of death. As baby boomers age, it's expected that the number of individuals living with Alzheimer's will rapidly escalate, increasing well beyond today's 5 million-plus Americans who have the disease.

"There has never been a greater need to join in the fight against Alzheimer's," said Trisha Averill, coordinator of the Tacoma walk. She noted the money that's raised this year will provide care and support for 150,000 Washington residents, "while also contributing to advancing critically-needed research."



Participants in last year's Walk to End Alzheimer's in Tacoma raised more than \$90,000 for care, research and support for people who are affected by Alzheimer's.

Senior Scene

Bremerton will be the scene of a Walk Sept. 28.

The Walk to End Alzheimer's is the nation's largest event to

raise awareness and funds for Alzheimer's programs. Since 1989, the Alzheimer's Association has enlisted millions of participants.

ALZHEIMER'S CARE & FACILITIES DIRECTORY

Name of Provider Address Telephone	Licensed Capacity	Medicaid Accepted	Price Ranges	Smoking Allowed?	Secure Doors?	Fenced Outside Area	Features and Amenities
Patriots Landing 1600 Marshall Circle DuPont, WA 98327 (253) 984-4900 www.cascadecares.com marketing@patriotslanding.com	22	N	\$4,900 -5,500	N	Y	Y	<ul style="list-style-type: none"> • Each private and semi-private suite has own bathroom. Spacious floor plans • Walking path and secure deck • Locally owned • Nutrition plan designed for residents
People's Retirement Community 1720 E. 67th St. Tacoma, WA 98404 (253) 474-1741 Fax: 253-473-3979 Debra Christnacht	22	Y after 12 mos. private paydown		Y Super-vised/ Outside	Y Key-pads and alarmed doors	Y	<ul style="list-style-type: none"> • Outdoor garden with edibles • Dementia-specific activities and outings • Pet on site. All private rooms • Heavy care available. Personalized care plans. PT/OT on site. RN supervision. • Specialized nutrition, including feeding.
Pioneer Place Memory Haven 11519 24th Ave. E. Tacoma, WA 98445 DawnP@pioneerplacememoryhaven.com Dawn Postlethwaite	60	After two-year spend down	\$3,300 and up	N	Y	Y	24/7 awake nursing staff, engaging activity program, private and shared rooms, safe and secure environment, all staff trained in dementia care, locally owned and operated, medication management, laundry and housekeeping included, visiting physician available.
Spring Ridge Assisted Living Memory Care 6856 E. Portland Ave. Tacoma, WA 98405 (253) 474-1093 Terry Voeller	41	In process	\$3,995-4,650	N	Y	Y	Medication management is included in base rent. Spring Ridge offers state-of-the-art assisted living and memory care living in a beautiful and comfortable, newly remodeled setting.
The Weatherly Inn 6016 N. Highlands Parkway Tacoma, WA 98406 (253) 752-8550 www.weatherlyinn.com	44	N	Call for details	N	Y	Y	<ul style="list-style-type: none"> • Family-owned and operated • Over two decades of experience in dementia care • Regularly scheduled outings • Respite and day care • Pet therapy

LEGEND: Y=YES, N=NO, D=DESIGNATED AREA, O=OUTSIDE, S=SECURITY MEASURES

TALKIN' ABOUT THE WALK

What: Walk to End Alzheimer's
When: Sept. 14.
Registration at 8:30 a.m., opening ceremony at 9:45, walk at 10.
Where: Thea's Park in Tacoma, 535 Thea's Dock St.
Contact: Event coordinator Trisha Averill, 206-529-3898, walk@alzwa.org

Online information: act.alz.org

Mail: Western and central Washington chapter of Alzheimer's Association: 100 W. Harrison St., N200, Seattle, WA 98119; 206-363.5500

National headquarters: 225 N. Michigan Ave., Chicago, IL 60601; 1-800-272-3900; www.alz.org



People of virtually all ages - even infants in strollers - were among the hundreds of participants from the South Sound area who stepped lively last year in the Walk to End Alzheimer's in Tacoma. The walk this year will be staged Sept. 14 at Thea's Park in Tacoma. More than 300 walkers had signed up by mid-August.

Questions and answers on how to get involved

How many people should be on my team?

Alzheimer's Association: We recommend teams of 8 to 12. However, there is no required number of people. Tell your friends, family and co-workers why you are walking and ask them to join you.

How do I start fund-raising?

AZ: Start by sharing your personal story about why you're participating. You can share your story on your personal Walk to End Alzheimer's fund-raising page by logging in to your

participant center. Once your page is updated, share it with friends, family and co-workers via e-mail, social networking and word of mouth.

Where does the money go?

AZ: The funds benefit the care, support and research efforts of the Alzheimer's Association.

How is the money collected?

AZ: Submitting donations to the Alzheimer's Association is quick and easy. Donations can be made online, by submitting a check or money order by mail, and hand-delivering cash,



What happens if it rains on the day of the Walk?

AZ: The Walk is a rain-or-shine event. However, if you have questions on the day of your Walk, feel free to call our national helpline at 1-800-272-3900.

Gig Harbor club has regular activities for 60-and-ups

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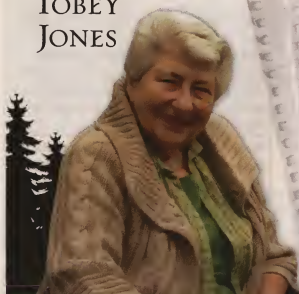
- A coffee hour every Tuesday and Friday morning from 9 o'clock to noon.
- A Move to Music class on Tuesday and Friday mornings at 10. It's free for members and costs \$3 a week for non-members.

- Lunches every Monday, Wednesday and Thursday at 12 noon.
- Bingo on Monday at 12:45 p.m. (after lunch) every second and fourth week, sponsored by Harbor Place at Cottessmore.
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p.m.; and Sept. 23-24, 10
a.m.-3 p.m.

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Community Center, Sept.
10-11, 9 a.m.-1 p.m.

Enumclaw: Senior
Center, Sept. 9-10, 5-9
p.m.

Federal Way:
Community Center, Sept.

17-18, 9 a.m.-1 p.m.
Kent: Senior Center,
Sept. 12-13, 10 a.m.-3
p.m.

Port Orchard: Eagles,
Sept. 26-27, 4001 Jackson
St., 360-895-3173.

Shelton: Senior Center,
190 W. Sentry Dr., Sept.
9, 360-426-7374. Mt.
Olive Lutheran Church,
Sept. 23-24, 206 E.
Wyandotte Ave., 360-
427-1805.

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Credit Union, Sept. 10-
11, 2041 NW Myhre
Road, 360-662-2153.
Country Meadows, Sept.
19-20, 360-692-4480.

ADOPT A PET



Tacoma-Pierce County Humane Society
describes one of its featured pets: "Say hello to a
beautiful 1 year old Red Brindle named Maxwell.
This energetic pit bull terrier mix is what we call
a 'go-getter' pup. A dog with this kind of stamina
and love for play is best-suited for an active
family. Maxwell has the manners that any pooch
would be proud to have and is gentle during
his frequent attempt at playtime. Reference
#A476802"



Tacoma-Pierce County Humane Society
describes one of its featured pets: "Have you met
Jax? This laid back 4-year-old lover is looking to
meet you. Jax tries to play it off as one cool cat,
but in reality, he's as lovable as they come. He's
extremely friendly, craves attention and loves to
be pet. After you stare into his beautiful green
eyes, or pet his soft black and white hair, we're
confident you'll be hooked. Jax came to us as a
stray. Reference #A458049."

PLACES TO GO, THINGS TO DO

Loving Hearts: Group knits and crochets items for charities. Next meetings: Sept. 10, 1-3 p.m. and Sept. 25, 7-9:00 p.m. at Way Point Church, 12719 134th Ave. KP N. in Gig Harbor. Sept. 19, 1-3 p.m. at Ardena Gale Mobile Park, 4821 70th Ave. E. in Fife. Information or to make yarn donations: lovingheartsonkp@gmail.com or (253) 884-9619.

North West Apple Pickers: Learn computer hardware and software. Lakewood Library 2nd Sun, 3-5 p.m.; www.nwapplpickers.org.

Rebuilders: Widows/widowers potluck/activities, Puyallup Senior Center; 4:30-8:30 p.m.; (253) 841-5555.

Health and fitness walks: Tuesday mornings, leave Federal Way Senior Center at 9. Information: 253-838-3604, federalwaysenior-center.org

Senior Companion: Volunteers are wanted

for program of Lutheran Community Services Northwest that helps frail or disabled seniors live in their own homes. Senior Companions serve 15 to 40 hours per week and earn a tax-free, hourly stipend while providing transportation to medical appointments or stores, running errands or simply being a friendly visitor. Must be age 55 or older, and must have an income of less than \$1,915 a month for a one-person household and \$2,585 a month for a two-person household after personal health expenses are deducted. Information: Julie Kerrigan at 253-722-5686 or jkerrigan@lcsnw.org

Point Defiance Zoo: Free for 65-plus and disabled on third Tuesday of each month. Information: (253) 591-5337.

Salvation Army Women's Auxiliary: Silvercrest Senior Apartments, 4103 9th SW, Puyallup. Second Tuesday of each month, 11:45 a.m., lunch served. (253) 847-7127.

Stop smoking program: Thursdays, 6:30-7:30 p.m. at St. Francis Hospital, 34515-9th Ave. S., Federal Way. Information: 223-7538,

(253) 426-6746, goodbyetobacco@live.com.

Women's Bible study: 4102 110th, Suite D, Lakewood, 10 a.m. on Fridays. Information: (253) 582-2639.

Karpales Manuscript Museum: Free. 407 S. G St., Tacoma.

Tacoma Art Museum: Free third Thursday of each month, 5-8 p.m. 1123 Pacific Ave. Information, hours and fees for other days: (253) 272-4258.

Beacon Book Club: 415 S. 13th St., Tacoma, Fridays, 12:30 p.m.; Information: (253) 591-5084.

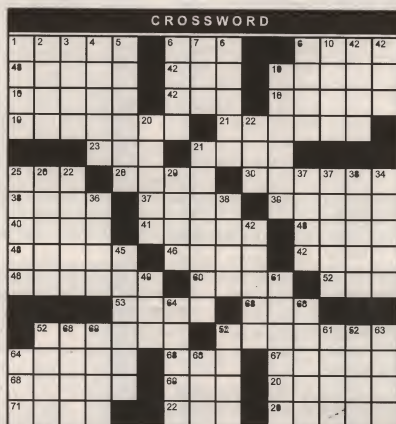
National Active and Retired Federal Employees (NARFE) 057: Call or e-mail for appointment, 253-473-6307 or lowed2002@yahoo.com

WWII Veterans of the Battle of the Bulge: First Wednesday of each month, 11 a.m. in Gig Harbor at Round Table Pizza, 5500 Olympic Dr. Information: (206) 783-0212, (360) 871-3206, (253) 566-7665.

More on page 15

BRAIN FOOD

Puzzle
solutions
are on
page 15



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STATEPOINT CROSSWORD 'The Sixties'

ACROSS

1. Coffee + chocolate
6. Drunkard's sound?
9. What little piggy did
14. Makes eyes at
14. Under the weather
15. "The Graduate" or "Easy Rider"
16. Un-written exams
17. Downhill equipment
18. Chilled
19. *1960s Activists and agitators
21. State of good health and fitness
23. Miner's bounty
24. "Popular hairstyle
25. To eat a little at a time, as in hot soup
28. Layer
30. Devoid of reverence

35. Bookkeeping entry
37. "The ____ of the Game" TV series
39. Denotes an accomplishment
40. Novice
41. Ivan and Nicholas, e.g.
43. Atmosphere
44. Relating to the Ilium
46. On the cutting edge
47. "Ngo Dinh ____
48. "The Party's Over" singer
50. Excellent
52. Get the picture
53. "I read the ____ today oh boy"
55. African grazer
57. "Power plant
60. "Liverpool group, following "the"
64. Luau greeting
65. "Posion ____" covered by the Stones and the Hollies
67. Beauty pageant wear
68. Short African

69. Butterfly catcher
70. "The ____ of the Game"
71. Epic poem
72. "Fancy that!"
73. "Who ____?"
- DOWN**
1. "Eagle's landing spot
2. Fairytale beast
3. Bird's foot
4. "Oscar winner " ____ Dolly!"
5. Declare with confidence
6. Middle Ages subj.
7. Kind of person
8. North face, e.g.
9. Refuses to
10. Bad to the bone
11. Cote d'Azur locale
12. Casual attire
15. "Detroit's soul recorder
20. Deceive by a mock

- action
22. "The Sixties, e.g.
24. Large fleets
25. "Greensboro Woolworth's event
26. Of service
27. Jeopardy
29. Comfort
31. "Take a ____ off," sang The Band in '68
32. Lady's pocketbook
33. Loose rocks at base of mountain
34. State of dishonor
36. Extinct flightless birds
38. Therefore
42. "The Playboy of the Western World" author
45. "I Love You More Today" singer Twitty
49. Adams ____ Beckham

51. Related on mother's side
54. Twist before hanging on clothesline
56. Ancient city in Africa
57. Let heads or tails decide
58. "Woodstock's had a dove on a guitar
59. Electrical resistance units
60. Eight bits
61. Animal den
62. European sea eagle
63. Droops
64. "You damn dirty ____" shouted Heston
66. V

University Place outdoor concerts:
Thursdays at 6:30 p.m. through Aug. 22 at Curran Apple Orchard Park.

Gig Harbor outdoor concerts:
Tuesdays through Aug. 20 at Skansie Park, 6:30 p.m. Free.

Puyallup outdoor concerts:
Thursdays at 6:30 p.m. at Pioneer Park through Aug. 22.

Des Moines outdoor concerts:
Wednesday evenings at 7 p.m. through Aug. 14 at Beach Park Meadow. Information: (206) 870-6527 or www.desmoineswa.gov/artscommission.

Lakewood outdoor concerts:
Thursdays at 6:30 p.m. at Del Valle Park July 11-Aug. 8.

Eatonville Writers Workshop:
Tuesdays, 7 p.m.. Information: Don McCrae (360) 832-8667.

Solutions for puzzles from previous page



2	4	1	8	3	5	9	7	6
3	8	9	6	2	7	1	5	4
5	6	7	1	9	4	2	3	8
6	9	5	3	8	2	4	1	7
8	1	4	5	7	6	3	9	2
7	3	2	9	4	1	6	8	5
9	2	6	7	5	3	8	4	1
4	5	3	2	1	8	7	6	9
1	7	8	4	6	9	5	2	3

Senior Nutrition Program

SEPTEMBER 2013

Mon	Tue	Wed	Thu	Fri
LABOR DAY HOLIDAY 	3 Chicken Enchilada Bake Southwest Rice Tropical Fruit	4 Manhattan Clam Chowder Turkey Sandwich Fruit	5 Beef Pot Roast Red Potatoes Five Way Vegetables Wheat Roll Fruit	6 Chicken Parmesan Angel Hair Pasta Garlic Bread Cherry Cobbler
9 Fish Burger Green Pea Salad Peach Crisp	10 Salisbury Steak Mashed Potatoes Zucchini Roll Fruit	11 Pork Chops Apple Slaw Baked Beans Roll Orange	12 Spaghetti Green Salad Green Beans Bread Sticks Fruit	13 Chicken Tortilla Soup Spanish Rice Jicama
16 Country Fried Steak Mashed Potatoes & Gravy Peas & Carrots Pears	17 Lime Fish Zucchini Pasta Roll Fruit	18 Pork Bratwurst Sauerkraut Mixed Vegetables Streusel Apple	19 Turkey Salad Wild Rice Breadstick Brownie Fruit	20 Creamed Chicken Over Biscuit Green Beans Fruit
23 Broccoli Cheese Soup Egg Salad Sandwich Angel Food Cake With Berries	24 Honey Mustard Chicken Sweet Potato Fries Broccoli Normandy Roll Fruit	25 Cheese Ravioli Italian Vegetables Bread Sticks Chocolate Cake Orange	26 Salmon Patty Wild Rice Mixed Vegetables Roll Peaches	27 Pork Tenderloin Sweet Potatoes Mushroom Soup Fruit
30 Chicken Pot Pie Key West Vegetables Roll Mandarin Oranges				20 SERVING DAYS <div style="border: 1px solid black; padding: 5px; font-size: small;"> Menu items are prepared without additional sodium. CCS uses fresh produce whenever possible to improve the quality of our meals. Seasonal fruit is provided on menu where "Fruit" is noted. If you have comments, questions, or suggestions regarding our menu, please feel free to call our Lakewood office at (253) 474-1200. </div>

For reservations, call (253) 474-1200.

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.

Meal sites

Catholic Community Services invites you to join them for a hot nutritious lunch and spend a few hours volunteering, too. There are 27 locations throughout Pierce County and King County. Suggested donation of \$3 for seniors and \$5 for non-seniors.

PIERCE COUNTY
African American: 1323 S. Yakima, Tacoma
Beacon: 415 S. 13th St., Tacoma
Buckley: 811 Main St.
Eatonville: 305 W. Center St.
Fife: 2111 54th Ave East, Fife
Gig Harbor: 8502 Skansie Ave.
Japanese: 14916 SW. Washington

Lakewood: 5705 Main St. SW.
Lighthouse: 5016 S. A St., Tacoma
Parkland: 12115 Park Ave. S.
Portland: 3513 E. Portland Ave.
Puyallup: 210 W. Pioneer
Ruston: 4716 N. Baltimore
Steilacoom: 2301 Worthington
Sumner: 15506 62nd St. E.

KING COUNTY
Auburn: 808 Ninth St. SE..
Bellevue: 4063 148th Ave. NE.
Black Diamond: 31605 Third Ave.
Des Moines: 2045 S 216th St.
Enumclaw: 1350 Cole St.
Federal Way: 876 S 333rd St.
Issaquah: 75 NE. Creek Way

Kirkland: 352 Kirkland Ave.
Pacific: 133 Third Ave. SE.
Redmond: 8703 160th Ave. NE.
Seatac: 13735 24th Ave. S.
South Park: 8201 10th Ave. S.

YOUR PICTURES

Senior Scene loves pictures. Send your photographs from parties, outings, community events and other activities to us at pjenkins@seniorscene.org or 223 N. Yakima Ave., Tacoma, WA 98403-2230.



Ashley Noelle Jackson, who is Miss University Place USA 2013, was among the visitors at University Place Care Center for its Health Fair. During her visit, Jackson posed for a photo with Peoples Retirement Community's resident dog, Gabe. The duo quickly became friends. Jackson was home for the summer break from Catawba College in Salisbury, N.C., where she is studying theater arts. She is an advocate for the arts in schools. She represents University Place in the Miss USA competition and is seeking sponsors. She can be reached at anoellejax@gmail.com or 25-906-3855.

Caring for roses as summer winds toward end

By Melinda Myers
Contributing writer

Through proper care and a few simple strategies, both existing and new, roses can continue to look their best throughout the summer months.

Water thoroughly whenever the top few inches of soil are crumbly and moist. Use soaker hoses or drip irrigation to apply the water directly to the soil where it is needed. You'll lose less water to evaporation and reduce the risk of disease by avoiding overhead irrigation.

Proper fertilization will help keep roses healthy and producing lots of flowers. A soil test is the best way to determine how much and what type of fertilizer is best for roses

growing in your landscape.

Check your plants throughout the season for signs of insects and disease. Early detection makes control easier. Remove insects or infested plant parts when discovered. Look for the most eco-friendly control options when intervention is needed.

Those gardening in cold climates should stop deadheading roses toward the end of the season. Allow the plants to develop rose hips. This helps the plants prepare for the cold weather ahead and increases hardiness. Plus, these red to orange fruits provide winter food for birds as well as attractive winter interest in the garden.

Melinda Myers is a gardening expert, TV/radio host and writer.



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Support groups for Alzheimer's patients and families meet monthly

Alzheimer's Association support groups monthly at two locations in Pierce County.

A free information and support group for care partners, family members and friends of individuals with dementia meets on the second Friday at South Tacoma Library, 3411 S. 56th in Tacoma, from 10:30 a.m. to noon and 1 to 2:30 p.m. Information is available from Jacquelyn Whalen at (253) 922-3221.

Another group gathers on the first Tuesday of each month at United Church in University Place, 3912 Grandview Dr. W. The group's facilitator, Karen Hyde, can be reached at 253-279-0754. Participants can learn about care management, services, and current research and treatment options.

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